

January

Purple: Homewood Blue: Mokena Green: Virtual

Monday

Tuesday

Wednesday

Thursday

Friday

		<p>1</p> <p>CSC LOCATIONS CLOSED</p>	<p>2 All Day: Art Journaling 10a-12p: Kids Winter Mini-Camp 12:30-1:30p: Men's Discussion Group 5-6p: Bereavement Group</p>	<p>3 10a-12p: Kids Winter Mini-Camp</p>
<p>6 9-9:45a: Zumba Toning w/Lori 11-12p: Zumba Gold w/Denise 12-1p: Knit and Crochet Group 12-1p: Chair Yoga with Cecily 1-1:30p: Mon. Meditation with Cecily 1:30-3p: Art Therapy 4-5p: The Physics of Radiation 4-4:45p: Get Moving, Get Fit</p>	<p>7 11-12p: Gentle Floor Yoga Nidra w/ Karen 2-3:30p: Art Therapy 2-2:45p: Moves that Matter 5-6p: LGBTQ+ Networking Group</p>	<p>8 11-12p: Zumba Gold w/ Denise 12-1p: Colorectal Cancers Group 12:30-2p: Art Open Studio 2:30-3:30p: Gentle Yoga with Marcela 2-3:30p: Knit & Crochet Group 4-5p: Head & Neck Cancers Group</p>	<p>9 All Day: Art Journaling 10:30-12p: Healthy & Homemade w/ Gwen: Shepherd's Pie Soup 12:30-1:30p: Men's Discussion Group 5-6p: Prostate Cancer Networking Group 6-7:30p: Brain Tumor Networking Group</p>	<p>10</p>
<p>13 9-9:45a: Zumba Toning w/Lori 11-12p: Zumba Gold w/Denise 12-1p: Knit and Crochet Group 12-1p: Chair Yoga with Cecily 12-1p: Patient Support Group 12:30-1:15: Corrective Exercise to Rebuild, Strengthen and Restore 1-1:30p: Mon. Meditation with Cecily 1:30-3p: Art Therapy</p>	<p>14 10:30-12p: NEW YEAR/NEW YOU! 11-12p: Gentle Floor Yoga Nidra w/ Karen 2-2:45p: Moves that Matter 2-3:30p: Art Therapy 4:30-5:30p: Kids Group w/ Parent Meetup 5-6p: Young Adult Networking Group</p>	<p>15 9-10:30a: Get Moving, Get Fit 11-12p: Zumba Gold w/Denise 12-1p: Gynecological Cancer Networking 12-1:30p: Healthy Lifestyle 12:30-2p: Art Open Studio 2:30-3:30p: Gentle Yoga with Marcela 2-3:30p: Knit & Crochet Group 3-4p: Journeying Inward 4-5:30p: Vision Board Workshop 6-7p: Sistas of Hope</p>	<p>16 All Day: Art Journaling 10:30-12p: NEW YEAR/NEW YOU! 12-1p: Sound Bath 12:30-1:30p: Men's Discussion Group 2:30-4p: Healthy Lifestyle 5-6p: Bereavement Group</p>	<p>17 11-12p: Preventing and treating Incontinence</p>
<p>20</p> <p>CSC LOCATIONS CLOSED</p>	<p>21 10:30-12p: Cooking w/ Chef Marcia; Healing Mushrooms 11-12p: Gentle Floor Yoga Nidra w/ Karen 2-2:45p: Moves that Matter 2-3:30p: Art Therapy 4:30-5:30p: Kids Group w/ Parent Meetup 5-6p: Blood Cancers Networking Group</p>	<p>22 9-10:30a: Get Moving, Get Fit 11-12p: Zumba Gold w/Denise 12-1:30p: Healthy Lifestyle 12:30-2p: Art Open Studio 2:30-3:30p: Gentle Yoga with Marcela 2-3:30p: Knit & Crochet Group</p>	<p>23 All Day: Art Journaling 12-1p: Skin Care Workshop 12:30-1:30p: Men's Discussion 2:30-4p: Healthy Lifestyle</p>	<p>24</p>
<p>27 9-9:45a: Zumba Toning w/Lori 11-12p: Zumba Gold w/Denise 12-1p: Knit and Crochet Group 12-1p: Chair Yoga with Cecily 1-1:30p: Mon. Meditation with Cecily 1:30-3p: Art Therapy</p>	<p>28 10-11:15a: Label Reading: Avoiding Unhealthy Ingredients for Better Health 11-12p: Gentle Floor Yoga Nidra w/ Karen 12-1p: Cancer Support and Networking 2-2:45p: Moves that Matter 2-3:30p: Art Therapy 4:30-5:30p: Kids Group w/ Parent Meetup</p>	<p>29 10-11:15a: Label Reading: Avoiding Unhealthy Ingredients for Better Health 9-10:30a: Get Moving, Get Fit 11-12p: Zumba Gold w/Denise 12-1:30p: Healthy Lifestyle 12:30-2p: Art Open Studio 2:30-3:30p: Gentle Yoga with Marcela 2-3:30p: Knit & Crochet Group</p>	<p>30 All Day: Art Journaling 12:30-1:30p: Men's Discussion 2:30-4p: Healthy Lifestyle 4-5p: Multiple Myeloma Networking</p>	<p>31</p>